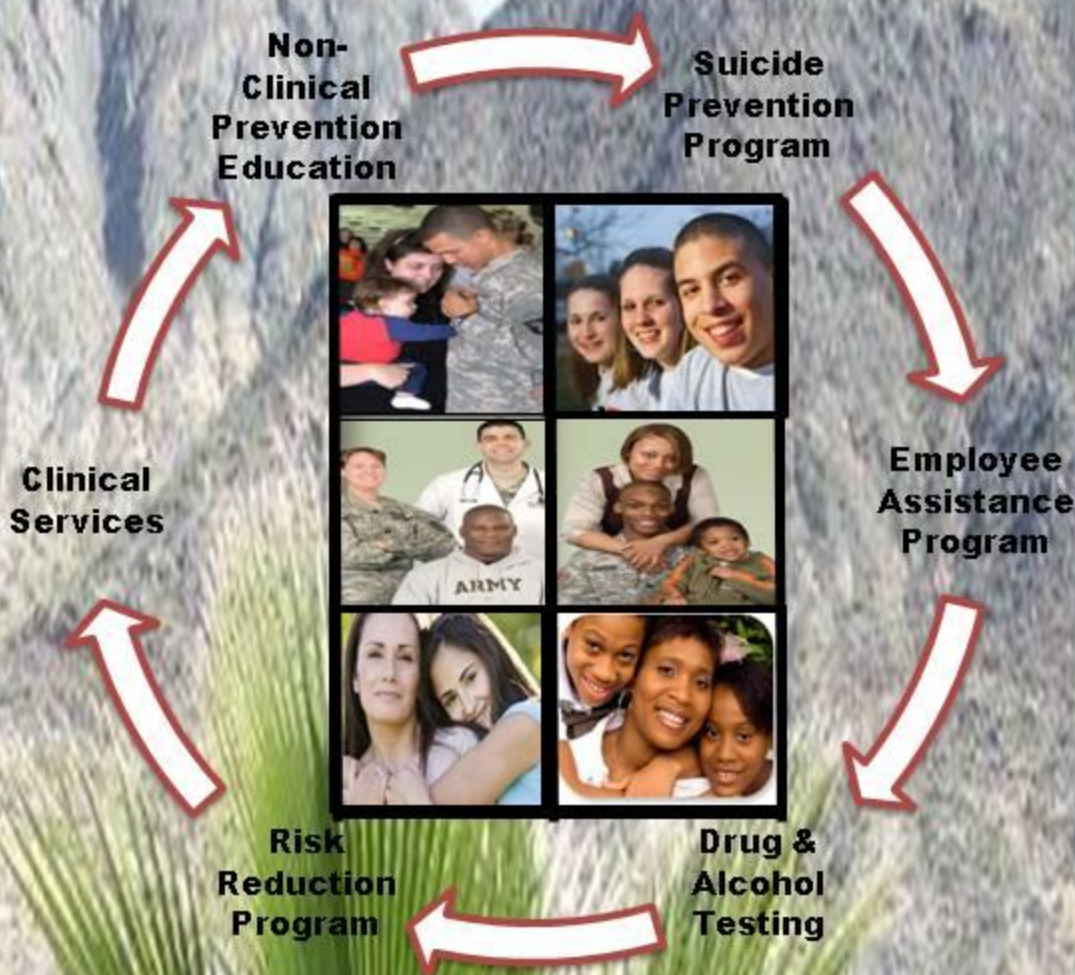


Army Substance Abuse Program



2nd Edition | Summer 2011

NTC & FORT IRWIN
NEWSLETTER





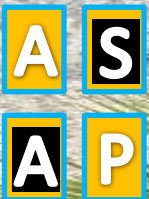
Army Substance Abuse Program (ASAP)

Strengthening the
Total Army Family's
Overall Fitness &
Effectiveness

WHO WE ARE

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OUR PROGRAMS



Conserving Manpower &
Enhancing the Combat Readiness of Soldiers



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Our Mission

Our People

Who We Are

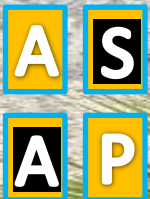
The ASAP (formerly the Alcohol and Drug Abuse Prevention and Control Program) was established by Executive Order on 28 September 1971 for the purpose of identifying and treating alcohol/drug abuse problems.

Our Mission

We focus on the most pressing challenges facing the NTC and Fort Irwin and forge collective action for the total force fitness of our Soldiers, Family Members and Civilian Workforce.

Our People

ASAP's greatest assets are our engaged and influential Program Managers, our diverse and dedicated staff, and our renowned Community Partnerships.



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***Our Dedicated
Staff Spotlight***

Kathy Williams



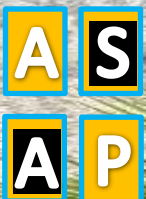
Kathy Williams is one of our Clinical Counselors. She has been a part of the ASAP Team since last December.

A graduate of Jane Adams School of Social Work at the University of Illinois, she has over 20 years of experience in

Mental Health and Addictions Therapy. As a member of the Nevada Mental Health Community for several years, Kathy distinguished herself by being appointed the Director of Social Services and Coordinator of the Trauma Unit at Montevista Hospital in Las Vegas. She has held Social Work Clinical Licenses in Nevada, Florida and Illinois. As a therapist, administrator, and educator, Kathy employs the following therapies as she approaches Soldiers' unique needs:

- Acceptance Commitment Therapy
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Substance Abuse & Addictions Therapies

Kathy's services are also available to Family Members and Civilians on a case-by-case referral basis.



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Arranging

(Re) Framing

Marshaling

What We Do

Our primary objective is to restore individuals to full productive performance. ASAP engages the Fort Irwin Community's most challenging issues by:

ARRANGING

Arranging meetings for discreet conversations for Soldiers, Civilians and Family members. ASAP serves as a trusted installation hub for providing new and holistic paradigms for maintaining health, readiness and performance.

(RE) FRAMING

Reframing issues to look for strategic win-win solutions in which the individual, Family, and organization can sustain optimal well-being and performance under all conditions.

MARSHALING

Marshaling support networks from both the installation and private sectors. ASAP leverages its access to multidimensional health and fitness experts to defuse current conflicts and preserve the health of the Total Army Family.



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Army Substance Abuse Program

Crawford's Corner

Perry Crawford PhD, LPC, LADC



Human Nature VS Sobriety

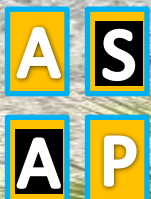
As human beings we love to feel good. When things go wrong or become stressful, we want to take a recess from them and do something to feel better. When things are going our way, we want to celebrate. There are powerful addictions in life, usually starting as simple acts of human nature for respite, or to

enhance excitement or pleasure.

Human nature also means, that when we find something that makes us feel good, we want it often. If a little bit of something makes us feel good, we want it a lot. Soon, we want a lot more, and we want it more and more often. Drugs, alcohol, tobacco, food, and sex are common examples of these feel good things that we can quickly become addicted to. I gave up drugs in 1976. I gave up alcohol and tobacco in 1986. And now, I'm a fat guy guy with eight children. I am a work in progress.

Taking action on daily goals in physical, mental, emotional and spiritual ways are crucial to maintaining balance control of our human nature as I shared in the previous issue (Spring 2011). The least understood of these ways is spirituality. How is it defined? How is it acted upon? How is it strengthened? The beginning, the first steps on the journey to defining it for yourself, is to answer the four questions below. No matter how you answer them, you have taken the first step in your journey. More to follow

- 1. Who am I?**
- 2. Where did I come from?**
- 3. Why am I here?**
- 4. Where am I going?**



Physical Mental Emotional Spiritual



Army Substance Abuse Program

Quotes to Live By

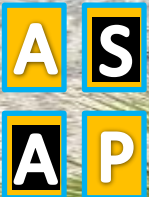
Valencia R. Barnes EAPC



It is important to maintain a healthy body. Maintaining good physical health is also a way to reduce stress. Here are some quotes by famous people. As you can see, regardless of the time period in which they lived, this is one topic on which they all agree.

1. **“Those who do not find time for exercise will have to find time for illness.” Edward Smith-Stanley (1752-1834)**
2. **“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.” Buddha (563BC-483BC)**
3. **“Life is not merely being alive, but being well.” Marcus Valerius Martialis (circa 40AD – 103AD)**
4. **“The ground work of all happiness is health.” James Leigh Hunt (1784-1859)**
5. **“Without health, life is not life; it is only a state of languor and suffering.” Francois Rabelais (1494-1553)**
6. **“A healthy body is a guest chamber for the soul; a sick body is a prison.” Francis Bacon (1561-1626)**
7. **“The body is like a piano, and happiness is like music. It is needful to have the instrument in good order.” Henry Ward Beecher (1813-1887)**

-quotes taken from “Summer Tomato” July 19, 2010 issue





Army Substance Abuse Program

Suicide Prevention

Chapter 7 Resiliency

This year's theme for Suicide Prevention Month is "SHOULDER TO SHOULDER – BUILDING RESILIENCE IN THE ARMY FAMILY".

What follows is from the 2010 IMCOM LEADER HANDBOOK and relates to some special activities we

have planned. Our goal is to provide a holistic approach to Soldier and Family wellness, primarily focusing on the most prevalent individual stressor associated with Active Duty suicide deaths – relationship problems.

What is resiliency?

- a. Commanders across the Army are acutely aware of the personal struggles and conflicts multiple combat deployments have caused Soldiers and their Families. The nature of sustained combat has resulted in rising numbers of suicides, domestic violence and divorce among our Warriors, and the Army is taking aggressive steps to reduce the stress among the force.**
- b. Resiliency is the ability to bounce back after adversity, or it's the ability, for example, to see something as adverse but not traumatic or just perform better in all cases. The whole program is intended to train people better incrementally. The program is not a single event, but something that requires progressive learning. It is not a screening, or "fix" for something with a negative outcome – there are already programs to assist Soldiers with those issues.**

Appendix C

Strong Bonds: Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family Member readiness through relationship education and skills training....

**COMPREHENSIVE
SOLDIER FITNESS**



Physical – Emotional – Social – Family – Spiritual

**5 DIMENSIONS OF
STRENGTH**



Army Substance Abuse Program Army 2011 Suicide Prevention Month

“....songs that struggle along with the listener in some of the darkest hours of grief.”

-Concert Review

Blanchard's latest album, “The Strongest Bond” features thirteen original compositions designed to musically enhance The US Army's **Strong Bonds** program, specifically their **Marriage Enrichment Retreats** offered to Military couples in the Army Reserves, Active Duty and National Guard.

“Remembering the Good Stuff”

Stories & Songs of Those Shaping Our Resilience....

Featuring

Michael Kelly Blanchard



Showtimes at the Center Chapel

Soldiers: Tue 6 Sep
0900; 1030; 1330 and 1500

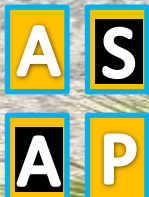
Soldiers: Wed 7 Sep
0900; 1030; 1330 and 1500

Community: Thu 8 Sep
0900; 1030; 1330 and 1500

FREE ADMISSION

For more info, (760)380-9446

NTC & Fort Irwin, CA
Shoulder to Shoulder:
Building Resilience in the Army Family



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NON-CLINICAL HOURS OF OPERATION

Mon-Tue-Wed-Fri
0800-1200
1300-1630

Closed for Lunch
1200-1300

Thu
1300-1600
Closed Thu Morning

Our Programs

ASAP Program Manager 380-1366
Ronney Hester (Acting Manager)

ASAP Program Assistant 380-4153
Marisha Gardisser

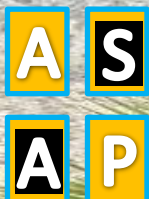
Prevention Education Manager 380-1366
Ronney Hester

Employee Assistance Program Manager 380-9092
Valencia Barnes

Risk Reduction Program Manager 380-4983
Bill Bowles

Suicide Prevention Program Manager 380-9446
Mike Duncan

Drug Testing Program Manager 380-4034
Liz Sinclair



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Mon-Tue-Wed-Fri
0800-1200
1300-1630

*Closed for Lunch
1200-1300*

*& Fri Afternoon
For Case
Management*

Thu
1300-1630

Closed Thu Morning

Our Programs

Clinical Program Manager
Lupita Encinias 380-4032

Medical Support Assistant
Nathalie Gonzalez 380-4074

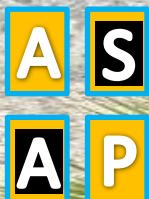
Counselors:

Dr. Perry Crawford 380-3384

Kathy Williams 380-4046

Zoraida Oquendo 380-9542

Carla Torres 380-4044



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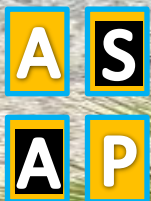


Army Substance Abuse Program **Farewell**



Sadly, we have to say *Farewell* to our ADCO and Director. Ms. Debbie White is heading off to continue to “make a difference” upon her return to southeastern Oklahoma’s McAlester Army Ammunition Plant as their ADCO and ASAP Director. While we are all sad at her leaving, we are very happy for her opportunity of a return assignment which is in close proximity to her family.

Since Debbie’s arrival to the NTC and Fort Irwin last December, she has made great strides in executing an ASAP that is customer-focused in improving our ability to support and strengthen the resilience and balance of Soldiers, Families, and Civilians through programs and services which sustain the Total Fort Irwin Family. Her pursuit of continuous program improvement greatly enhanced the ASAP and the Community Health Promotion Council in synching ASAP’s capabilities with other service providers, including Behavioral Health Specialists, Military Family Life Consultants, Chaplains and Army Community Services. Her recent establishment of the Community Health Promotion Council Working Group will remain one of her lasting legacies Fort Irwin will treasure. Debbie’s compassionate service as advisor and mentor to a vast array of ASAP and Fort Irwin employees will remain a priceless benefit. Assuredly, her love for Soldiers, Civilians and the ASAP will continue to flourish at McAlester



Debbie - We Will Remember YOU

